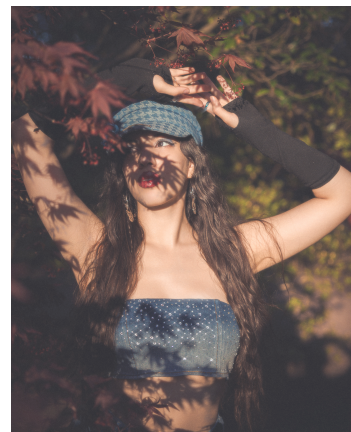


SAINT'S TOUCH PHOTOGRAPHY · CLIFFORD ROBERTS III

# Session *Planning Guide*

*Everything you need to prepare for your fine art portrait session —  
from what to wear to what to expect on the day.*



# 01

WELCOME

## You're in good *hands*

I created this guide because the best sessions don't happen by accident. When you arrive prepared — knowing what to wear, when to show up, and what to expect — you relax faster, connect more naturally, and we capture something real.

This is your roadmap. Read through it, share it with anyone joining your session, and reach out if you have questions. I'm here to make this easy.

— **Clifford Roberts III** · Saint's Touch Photography

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# 02

WARDROBE

## What to *Wear*

Your wardrobe sets the emotional tone of the entire session. You don't need to be formal — you need to feel like **yourself on your best day**. Here's how to approach it:



WARDROBE THAT TELLS A STORY

**Bring 2–3 outfit options.** We'll pick the best one together on the day. Different looks give us variety and create more usable images from a single session.

PALETTE

TEXTURE

FIT

## Stick to a palette

Neutrals, earth tones, and muted colors photograph beautifully. Cream, olive, burgundy, navy — all work. Avoid neon or heavy patterns.

## Texture wins

Linen, silk, velvet, knit — these add depth and dimension on camera. Flat, shiny synthetics often look cheap in photos even if they don't in person.

## Fit matters most

Well-fitted clothes photograph a thousand times better than anything baggy or ill-fitting. When in doubt, go slightly more tailored.

### DETAIL

## Don't forget shoes

Shoes appear in more shots than you'd think. Match or coordinate with your look — worn-out sneakers with a dress can break the whole image.

### // DO WEAR

- ◆ Solid colors and subtle patterns

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- ◆ Layers you can remove or add

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- ◆ Clothing you feel confident in

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- ◆ Well-fitting silhouettes

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- ◆ Coordinated (not matching) for groups

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### // AVOID

- Logos or large text

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- Wrinkled clothing

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- Overly busy prints

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- Anything that doesn't fit you now

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- Head-to-toe identical outfits in groups

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## COLOR PALETTE INSPIRATION



Cream



Caramel



Mocha



Sage



Navy



Burgundy



Charcoal



Stone

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# 03

PREPARATION

## Hair & Beauty

You don't need to look dramatically different from how you normally look. The best results come from **an elevated version of your everyday self** — not a costume.

### MAKEUP

#### Go slightly bolder

Camera softens features — a bit more definition goes a long way. Matte finishes photograph better than shine. Bring a touch-up kit.

### HAIR

#### Plan ahead

Schedule any haircut 1–2 weeks before. Have a backup plan — a simple updo or natural look in case humidity acts up on the day.

### NAILS

#### The small details

Your hands will appear in many shots. Clean, neutral nails or a fresh manicure makes a real difference. Skip the chipped polish.

### SKIN

#### Hydrate the day before

Moisturize the night before. If you're prone to redness, bring blotting papers. Avoid drastic tanning or skin treatments within a week.

*"The goal isn't perfection — it's presence. When you feel good, it shows."*

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# 04

LOCATION & LIGHT

## Timing Your Session



Light is everything in photography. The difference between a stunning image and an average one is often just **when** the shot was taken, not where.

### GOLDEN HOUR

#### The hour before sunset

Soft, warm, directional light that's flattering for portraits. This is when outdoor sessions shine. Worth

### OVERCAST

#### Don't cancel if it's cloudy

Overcast skies act as a giant soft box — even, flattering light with no harsh shadows. Some of the best portraits happen on grey days.

### URBAN

#### Architecture as backdrop

Brick walls, alleyways, rooftops, parking decks — architecture creates incredible geometric interest.

scheduling your session  
around.

Perfect for editorial and  
brand work.

## NATURE

### Timeless settings

Fields, forests, coastlines —  
natural settings bring a  
timeless quality. Virginia  
Beach has incredible variety  
within 30 minutes.

**Not sure on a location?** Tell me your vibe and I'll suggest 2–3 options. I know the best spots around Virginia Beach and Hampton Roads — including the ones that aren't overcrowded.

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# 05

CHECKLIST

## What to *Bring*

Pack a bag the night before. These are the essentials:

- 01 **2–3 outfits** — steamed and ready to wear

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- 02 **Comfortable shoes** for walking between locations

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- 03 **Touch-up kit** — blotting papers, lipstick/gloss, small mirror

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- 04 **Hair backup** — travel-size spray, pins, hair tie

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- 05 **Water bottle** — sessions can run 1–3 hours; stay hydrated

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06 **Meaningful props** — instruments, books, heirlooms, florals

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07 **A light snack** — especially for early morning golden hour sessions

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08 **Reference images** — Pinterest board or specific poses you love

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09 **Open mind** — the best shots come from moments we didn't plan

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# 06

DAY OF YOUR SESSION

## What to *Expect*

Here's what a typical session flow looks like — from arrival to wrap:

### *Arrive*

#### **15 minutes early**

Gives you time to settle, get comfortable, and do last-minute touch-ups. Rushing straight into shooting creates tension that shows up in photos.

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### *First 15*

#### **Warm-up shots**

We'll talk, scout the spot, and ease in. These frames are for calibrating light and getting you relaxed — don't worry how they look.

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### *Mid*

#### **The flow state**

This is when it clicks. You've forgotten about the camera, you're moving naturally, and I'm catching the real moments. Your best images come from here.

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*Change*

### **Outfit two**

If you brought multiple looks, we swap here. We may move locations too. Keep the momentum — don't overthink the second look.

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*Wrap*

### **Final frames**

A few intentional, specific shots — any poses or setups you wanted. Then we review a handful of images together before calling it.

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07  
DIRECTION

*Posing & Direction*



DIRECTED MOVEMENT, AUTHENTIC RESULT

**You don't need to know how to pose.** That's my job. I'll direct you through movements — not static positions — because movement creates natural, alive expressions far better than "hold still and smile."

Expect to walk, turn, look away and back, laugh at something unexpected, and forget you're being photographed. That's the goal.

## MOVEMENT

### Move naturally

Walk toward me, away, turn slowly. Movement creates flow in images that static posing never can.

## EXPRESSION

### Don't force the smile

A real smile takes half a second to arrive after something genuinely amusing. I'll create those moments — your job is to let them happen.

## EYES

### Eyes are everything

Relax your eyes — don't over-widen them. Slightly squinting creates warmth and avoids the deer-in-headlights look.

## VOICE

### Speak up

If something feels awkward or you want to try something specific, say so. This is your session. I want you to love every image.

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08

AFTER THE SESSION

## Gallery Delivery & Next Steps

Once we wrap, I begin the editing process. Here's what to expect:

## TURNAROUND

### 1–2 weeks

Most sessions delivered within 1–2 weeks. Rush delivery available — just ask

## GALLERY

### High-resolution files

Web-optimized and print-ready. Gallery links stay active for 30 days —

## PRINT

### Professional lab partners

I partner with professional print labs for wall art, albums, and prints. Ask about

at booking. You'll receive a private gallery link via email.

download promptly and back everything up.

packages at booking — printed memories outlast digital files.

## SHARE

Tag @saintogsnap

I reshare clients I love. It's also a great way to connect with future clients who look like you.

# Ready to *book?*

Summer 2026 sessions are filling fast. Let's get your date on the calendar.

## INQUIRE ABOUT YOUR SESSION

WhatsApp: +1 (619) 509-6448 · Instagram: @saintogsnap